

Biathlon At Soldier Hollow Venue

Tessa Stephens, *Courier Staff*

2-9-00



For someone who may not know very much about the biathlon event, it may seem like a lot of work for nothing. After all, isn't it reminiscent of deer hunting on skis, but without the blood and beer? Where's the fun in that? For those of you who aren't sure, here's a little background.

The biathlon originated as a military training regimen for the Norwegian army. The first known competition took place in 1767 in Sweden. The Norwegian military organized the first modern race in 1912, and the first World Biathlon Championships were held at Saalfelden, Austria, in 1958. Biathlon was officially added to the Olympic Winter Games program in 1960 at Squaw Valley. Today, biathlon is the most popular televised sport in Europe.

Biathlon combines the rigor and intensity of cross-country skiing with the precision marksmanship. Imagine sprinting up 25 flights of stairs and then, at the top, trying to thread a needle-five times in a row-without missing the hole once. Now imagine doing that over and over again, competing against a dozen other people.

In biathlon, racers reach even higher levels of exertion as they skate around a cross-country course. Then, instead of threading a needle, they must stop (mid-race) to fire a rifle five times at a coin-sized target from 50m away. Individually, the two sports are intense enough to justify their own Olympic events (cross-country skiing in winter and marksmanship in summer), but together they form one of the most demanding sports at any games, winter or summer.

Biathlon racers use the "free" skiing technique (also known as skating) to cover as many as 20 kilometers of snow

packed trail: The style resembles ice skating as the athletes push themselves along on the edges of their skis. Racers also use long, light (carbon fiber) poles to assist their movements. Competitors' heart rates will often exceed 180 beats per minute. When they stop at the rifle range, however, the athletes must relax and try to bring their heart rates down to at least 120 heart beats per minute for an accurate shot. This ability requires rigorous daily training, extraordinary self-control and powerful concentration.

Competitors carry their rifles back-pack style during the race. Aiming at targets 50m away, they fire from two positions: prone (lying down) and standing. The prone targets are 4.5cm (1.75 inches) in diameter. The standing targets are larger-11.5 cm (4.5 inches) in diameter-because it's more difficult to be accurate from the upright position. All competitors use .22-caliber, small-bore rifles that weigh about eight pounds.

Racers who miss a target are either penalized by added time or by being forced to take a "penalty lap" on a designated loop of trail. The race winners are determined by fastest elapsed time (after any penalty time is assessed) or by crossing the finish line, in the case where a penalty loop is in place.

The event was very well organized. The large volunteer staff, many local, (but also consisting of others who follow these events) was courteous and helpful. There was an impressive number of athletes present, milling about the venue carrying skis and poles. The apparent level of competition was high, with coaches yelling and cheering their athletes on.

Interestingly enough, there was a surprising lack of spectators for such an exciting sporting event. The bleachers that are set aside for the spectators contained at best 50 people. The venue was designed for a much larger audience, and it was almost sad to see the area so empty.

Soldier Hollow is only about 15 minutes away from most everywhere in the valley, and who wouldn't want to be one of the first to see the pre-Olympic events we have happening right here in our small valley? If you do decide to check future events out, make sure to stop by the sponsor tent. This time there was food samples from Bear Creek Country Kitchens, as well as excellent barbecue and information on several sponsors of the event.

U.S. BIATHLON CHAMPIONSHIP RESULTS

The U.S. Biathlon Championships and Continental Cup Series took place at the Soldier Hollow Olympic Venue over the weekend of February 4, 5, and 6.

The competition consisted of four events. On February 5, the men and women competed in the sprint event and on February 6 the pursuit event. The results of the combined times are as follows:

SINGLE MEN'S RESULTS

Place	Name	Day 1	Day 2	Day 3	Total
1	Curt Schreiner	101.92	100.38	98.10	202.30
2	Jeremy Tecla	97.48	99.80	100.01	199.81
3	Rob Rosser	99.05	94.74	100.57	199.62
4	Dan Westover	98.79	99.82	96.22	198.61
5	Dave Gieck	99.03	89.46	99.42	198.45

SINGLE WOMEN'S RESULTS

Place	Name	Day 1	Day 2	Day 3	Total
1	Rachel Steer	101.85	102.02	101.59	203.87

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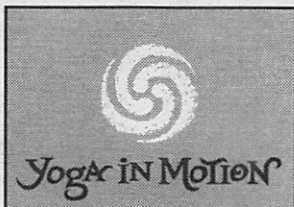
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ANGEL FLEECE CREATIONS- Moving Clearance Sale! 25% to 75% off. Original hand-crafted hats, scarves, sweaters, shawls, gloves, mittens, jewelry and more! Yarn, fiber, knitting and crocheting supplies. Wednesday-Saturday, 11am to 6pm. 430 W. 100 S., Heber, UT. (435)654-5200 or (435)654-6438. #547



TUESDAY, 9:30-10:45 am, Ongoing class—Wasatch Dance Center, 476 Main, Heber. **PILATES-BASED** conditioning. Call for location and more information 654-3518.

MIDWAY'S NEWEST PUBLIC Indoor Riding Arena is now scheduling riding times. For more information call Double GG Stables: 657-0944. #560

#175 EMPLOYMENT

HELP WANTED: Inn on the Creek in Midway accepting applications for front desk personnel. Computer skills required. Part-time hours including weekends, and holidays. Call Donna at 654-0892. #534

BAIL BOND AGENT

Established surety insurance company is seeking a bail bond agent in Heber City. Background in insurance, bail bonds or law enforcement helpful, but not required. For details, call (605) 348-1000.

PARK CITY T-shirt Company at the Mountain Resort needs responsible person for day time help. Part/time, \$8.00 an hour to start, employee discounts. Call 435-649-2524, ask for Dianne. #554

SWIM CLUB COORDINATOR- Wasatch County after school is looking for a highly organized,

energetic person to manage the swim club and teach swimming skills and activities to 7-15 year old participants. Responsibilities include: Teaching swimming skills, strokes and activities; Swim curriculum outlines; Organizing and running swim meets; Keeping monthly registration and attendance records and collecting tuition. Position requires 10 hours/week at \$10/per hour from 2:30-4:30 p.m. Position runs February-August. Pick up an application at the Parks and Recreation Office at 101 E. 200 N. in Heber. Call 657-2304 for more information. #555

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